

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-11-07)

Visit us at www.fns.usda.gov/fdd

A255 – ALMONDS, WHOLE, ROASTED, 25 LB

CATEGORY	<ul style="list-style-type: none"> Meat/Meat Alternates
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. No. 1 dry-roasted almonds. Roasted almonds are slightly harder in texture than natural almonds because the dry-roasting process removes some of the moisture. Salt may be used in the roasting process.
PACK/YIELD	<ul style="list-style-type: none"> 25 lb bag. One 25 lb bag AP yields about 87½ cups chopped almonds and provides about 400.0 1-oz servings nuts. One lb AP yields about 3½ cups chopped almonds and provides about 16.0 1-oz servings nuts. CN Crediting: 1 oz roasted almonds provides 1 oz-equivalent meat/meat alternate. <p>NOTE: Nuts and seeds may meet no more than 50 percent of the meat and meat alternate requirement for lunch/supper patterns in USDA's Child Nutrition Programs.</p>
STORAGE	<ul style="list-style-type: none"> Store almonds off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 - 70%). If ideal storage conditions are not available, store almonds under refrigeration. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Almonds, dry roasted, salt added

	1 oz (28 g)	¼ c (35 g)
Calories	169	206
Protein	6.26 g	7.62 g
Carbohydrate	5.47 g	6.66 g
Dietary Fiber	3.3 g	4.1 g
Sugars	1.39 g	1.69 g
Total Fat	14.98 g	18.23 g
Saturated Fat	1.15 g	1.40 g
Trans Fat	N/A	N/A
Cholesterol	0 mg	0 mg
Iron	1.28 mg	1.56 mg
Calcium	75 mg	92 mg
Sodium	96 mg	117 mg
Magnesium	81 mg	99 mg
Potassium	211 mg	257 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0.0 mg	0.0 mg
Vitamin E	7.37 mg	8.97 mg

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-11-07)

Visit us at www.fns.usda.gov/fdd

A255 – ALMONDS, WHOLE, ROASTED, 25 LB

PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> Roasted almonds are ready to use.
USES AND TIPS	<ul style="list-style-type: none"> Almonds are a tasty and nutritious addition to rice dishes, vegetable dishes, casseroles, stuffing, salads, baked goods, and desserts; they are a wonderful addition to granola; when chopped, they also make an excellent substitute for bread crumbs as a topping for casseroles or as a breading for fish or poultry.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.